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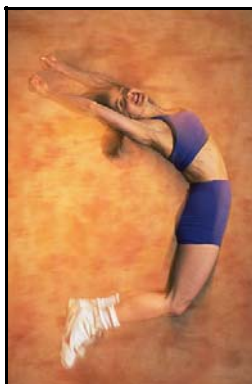
"Leadership, Partnership, and Championship"

Exercise Safety: Seven Tips to Prevent Injury

When you exercise, the U.S. Consumer Product Safety Commission and the American Academy of Orthopedic Surgeons recommend that you follow these tips:

- Always wear appropriate safety gear. If you bike, always wear a bike helmet. Wear the appropriate shoes for each sport.
- Warm-up before you exercise. For example, you could do a moderate activity such as walking at your normal pace, while emphasizing your arm movements.
- Exercise for at least 30 minutes a day. You can break this into shorter periods of 10 or 15 minutes during the day.
- Follow the 10 percent rule. Never increase your program (i.e., walking or running distance or amount of weight lifted) more than 10 percent a week.
- Try not to do the exact same routine two days in a row. Walk, swim, play tennis or lift weights. This works different muscles and keeps exercise more interesting.
- When working out with exercise equipment, read instructions carefully and, if needed, ask someone qualified to help you. Check treadmills or other exercise equipment to be sure they are in good working order. If you are new to weight training, make sure you get proper information before you begin.
- Stop exercising if you experience severe pain or swelling. Discomfort that persists should always be evaluated. By getting regular exercise—and doing it safely—you can enjoy a healthier life.

Source: "Keep active...safe at any age," U.S. Consumer Product Safety Commission and American Academy of Orthopaedic Surgeons, <http://www.cpsc.gov>.



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The Diabetes Prevention Program (DPP): Description of lifestyle intervention

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The purpose of the present article is to provide a detailed description of the highly successful lifestyle intervention administered to 1,079 participants, which included 45% racial and ethnic minorities and resulted in a 58% reduction in the incidence rate of diabetes (2). The two major goals of the Diabetes Prevention Program (DPP) lifestyle intervention were a minimum of 7% weight loss/weight maintenance and a minimum of 150 min of physical activity similar in intensity to brisk walking. Both goals were hypothesized to be feasible, safe, and effective based on previous clinical trials in other countries (3-7). The methods used to achieve these lifestyle goals include the following key features: 1) individual case managers or "lifestyle coaches;" 2) frequent contact with participants; 3) a structured, state-of-the-art, 16-session core-curriculum that taught behavioral self-management strategies for weight loss and physical activity; 4) supervised physical activity sessions; 5) a more flexible maintenance intervention, combining group and individual approaches, motivational campaigns, and "restarts;" 6) individualization through a "toolbox" of adherence strategies; 7) tailoring of materials and strategies to address ethnic diversity; and finally 8) an extensive network of training, feedback, and clinical support. Abbreviations: DPP, Diabetes Prevention Program • IGT, impaired glucose tolerance
<http://care.diabetesjournals.org/cgi/content/>



It never occurs to
an adolescent that he will
someday be
as dumb as his father.
Mark Twain